



RESISTANCE  
**RiPT**  
4 Teens  
PHYSICAL TRAINING • INTERVAL

With the long-term health of teens in mind, Wellness Services is proud to offer this weight management and fitness program designed specifically for teens. The program incorporates high energy conditioning classes, strength training and nutrition planning.

RiPT 4 Teens Will Meet a Total of Six Weeks

September 20 – October 27, 2011

**Tuesdays and Thursdays**

**3:00 p.m. to 3:40 p.m.**

Covenant Wellness Center  
2101 Kimball Avenue, Waterloo

**\$40 per Student**

Space limited to 25 students.

Parents are encouraged to attend the first week to gain valuable nutrition information and healthy cooking tips.

Call now for information and to pre-register.

**319.272.2313**

If you are a teen with weight-related challenges, **RiPT 4 Teens** is for you.

Getting the right amount of exercise can rev up your energy level and help improve your mood.



**Wellness Services**

Wheaton Franciscan Healthcare